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RECIPES FOR PACIFIC ROCKFISH

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The rockfish found on the markets of the Pacific northwest belong to the genus Sebastodes. Within this genus there are about twenty different species found in this area, though only five or six of these are caught in large enough quantities to be of commercial importance. The skin varies in color from dark gray to bright orange and the flesh from an almost pure white to a decided pink. There appears to be no distinguishable difference in the delicate flavor of the various species. The flesh is meaty and firm, especially in the larger specimens; and when cooked, the meat is white and forms large flakes having a fibrous texture resembling crabmeat. In fact, when the dishes given below were prepared in duplicate, one with crabmeat and the other with shredded cooked rockfish, many tasters could not distinguish between the two.

The fish used in the following recipes were procured as fillets from which the skin had been removed. They were cooked by the following general recipe and then cooled quickly and shredded, forks being used to tear the fibers apart.

Oven-Steamed Rockfish

1 pound rockfish fillets
1 teaspoon salt
1 small onion, sliced

Sprinkle the rockfish fillets with the salt, and place them in an ungreased, covered casserole with slices of onion between. Bake in a 350° F. oven for 30 minutes.

Leftover cooked rockfish prepared by any standard method such as baking, steaming, or broiling can be shredded in a similar manner and used as a basis for any one of the included recipes.

Rockfish Cocktail

Serves 6

1½ cups shredded cooked rockfish
3/4 cup tomato catsup
1/4 cup lemon
3 tablespoons minced celery
1/3 teaspoon salt
6 drops tabasco sauce

Mix the last five ingredients together to make a sauce. Place 1 teaspoon of the sauce in the bottom of each cocktail glass. Add 1/4 cup of shredded fish and cover with additional sauce. Chill and serve.

Rockfish Salad

Serves 6

2 cups shredded cooked rockfish
1 cup diced celery
1 cup diced cucumber
1/4 cup chopped green pepper
2 tablespoons sweet pickle relish
or minced sweet pickle
3 chopped hard cooked eggs
2 tablespoons lemon juice
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup thick salad dressing

Mix all of the ingredients together and serve in a bowl lined with crisp leaves of lettuce. Garnish with slices of hard cooked egg and strips of green pepper.

Rockfish Bechamel

Serves 6

1/ 2 cup shredded cooked rockfish
2 tablespoons melted shortening
3 tablespoons flour
Dash of cayenne
2 chicken bouillon cubes
1 cup hot water
1 cup top milk
2 egg yolks, beaten
1 tablespoon chopped parsley
Pimento or green pepper strips
for garnish

Combine flour, melted shortening and cayenne. Blend well. Add the top milk and the hot water in which the chicken bouillon cubes have been dissolved. Cook until thickened. Add the shredded fish, and beat thoroughly. Stir in the slightly beaten egg yolks and the chopped parsley. Serve in pastry shells or toast cups. Garnish with strips of pimento.

Rockfish Rarebit Casserole

Serves 6

1½ cups shredded cooked rockfish
1½ cups white sauce
1/2 cup grated cheddar cheese
1/4 cup diced green pepper
3 cups cooked spaghetti
1/2 cup buttered crumbs

Oil a quart casserole. Combine the white sauce, cheese, and green pepper. Heat until the cheese melts. Place 1 cup spaghetti on the bottom of the casserole, cover with 1/2 cup rockfish and 1/2 cup of the cheese sauce. Repeat until all ingredients are used. Cover with buttered crumbs and bake in a 375° F. oven for 20 minutes.

Deviled Rockfish

Serves 6

2 cups shredded cooked rockfish
2 cups soft bread crumbs
1/4 cup melted shortening
2/3 cup tomato catsup
2 hard cooked eggs, chopped
2 tablespoons lemon juice
2 tablespoons minced parsley
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup buttered crumbs

Combine all ingredients, except buttered crumbs, and mix lightly. Fill individual oiled baking dishes with mixture, and cover with buttered crumbs. Heat for 15 minutes in a 375° F. oven.